

Water Supply

Good water - good sanitary quality.
1) physical inspection
2) sanitary survey of watershed
3) clinical tests.

Polluted - organic waste of animal or vegetable origin.

Infected - specific micro-organisms of human disease.

Surface m. - polluted - bacteria

Well m. - poisonous wastes from mines etc.

Diseases - typhoid, dysentery, ear & eye inf., respiratory & venereal diseases.

Pure water decreases disease.

Testing - 1) no. of bacteria
2) no. of disease germs.

Purification - 1) chemical - chlorine, ozone, rays.
2) physical - boiled, rapid filters
3) biological - sand, slow filters.
4) storage + distillation.

Individual means - 1) boiling
2) chlorination.

Chlorination - chloride of lime } to water.
chloride tablets } to water.

- 2 drops to buckets of water
- 1 tbs. c. of lime - water - paste.
- add 1 cup water + 3 cups water
- 1 tsp. - 2 gals. water - 10 min.

Cank - chlorination.

- Wells - high level.
- 100' from house + toilet.
- sides water proof.
- th of well 18" above ground.
- around th - shield of concrete or brick - prevents leakage, sets -
long or drilled test.

Contamination - bricks, wooden th,
splashing from pump, rainwater.

Springs - protected from washings above.
- should spring from loam or soil
not clay or rock.

City supply - chlorination, filtration.

Filtration - Boxes of sand + gravel.
- bacteria sticks to bacteria of sand.
both killed by O₂ of water.
- sand removes suspended matter
- alum coagulates impurities - goes
to c. basins.
- 125' wide 300' long.
sand 10' deep. gravel 3'.
- bed slopes down.

Cleaning - Current of water up - while
incoming water shut off. Washes +
is sent to sewer.

City rules - residence, sewage, septic tanks
- air + sunlight used.

Pipes - water under pressure.
galvanized iron tanks.

● Swimming pools

- 1) Chlorination .
- 2) Filtration .
- 3) Replacement of clean water .
- 4) Removal of all water from tank every 2 months .

Inspected -

- 1) Bacterial count .
- 2) Chlorination test .
- 3) Water analysis .
- 4) Physical test - swim etc .

Regulations

- 1) Water - pure by chlorination .
- 2) Pool lighted by sunlight & electric light .
- 3) No communicable diseased persons in pool .
- 4) Attendant on duty .
- 5) Cleanliness - 1) Through showers .
2) Soap & no suits .
- 6) Bathing caps .
- 7) Scum gutter - no skipping .
- 8) No visitors bringing in dirt .
- 9) No bathers cosmetics , cuts .
com - plasters , bandages , abrasions .

Federal govt control.

Yukon & N.W.T. also.

Rainbow, vessels, boats, airships
& ports, Indian reserves &
national parks,

Construction camps on govt projects.

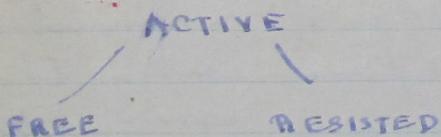
REMEMBRALS.

Remedials

- Remedials
- strengthen certain muscles.
 - mobilize certain joints.
 - given at 11 A.M.
 - no fatigue
 - digestion over.
 - if time is later, child takes simple exercise.
 - has room attractive.
 - illustrations, keep charts showing improvement.
 - costume should be backless.
 - bare feet, no stockings.
 - composed of anatomy, gymnastics & pathology.

Action movements

1. - free - no assistance but gravity.
2. resisted - resisted by operator.
 - patient resists movement by operator.



CONCENTRIC MUSCLE ACTION

- muscles which work shortening.
- origin & insertion come together.

ECCENTRIC MUSCLE ACTION

- muscles used (opposite movement) lengthen - origin & insertion move away. (resistance) (outside force)

If movement adduction, abductors work eccentrically.

If movement flexion, extensors work eccentrically.

Eccentrics - used for 1 stalk of muscles.

STATIC MUSCLE Action

- muscle in state of tone - working.
length remains the same.

- occurs when muscle is held in position.

Range of movement

Inner Range.

Outer Range

Whole Range - no of degrees of movement or amt. of movement which occurs when the muscle producing (resisting) works from its longest to shortest stretch.

Inner Range - no of degrees of movement which is produced when the muscle working, moves from its mid position to most contracted - or resists from most contracted to mid-position.

Outer Range - no. of degrees of mon. when muscle producing a resisting movement works from its most stretched pos. to half contraction.

2 from half contraction to most stretched.

Mobilizes joints + muscles Whole -

Intra - shortens muscles (for stretched muscles)

Extra - lengthens muscles.

Passive movements

Patient relaxed, someone else does movement.

relaxed movements

- patient comfortable, no muscle use. lying position.
- active mind, make it blank.
- cut out sensory impressions.
- sight + sound.

- 1) - releases nervous tension.
- chorea.

- 2) - mobilizes joints.

- gently, rhythmically.
- traction of joints + spine.

"brush patient firmly
visualize movement - isolate to 1 joint."

Posture

Postural defects - muscles & ligaments

Structural defects - bones + joints.

Right posture - maintains by static muscle action - skeletal static action
- controlled by motor nerves.
- "all r more than"
- unconscious, reflex action.

Reflex actions - motor response to a sensory impulse, without intervention from the brain.

Static action

- muscles receive sensations from eye, ear, etc. & from brain & cerebellum.
- maintenance of posture due to reflex actions - no fatigue.

What causes bad posture

- explain good posture to children.
- 1) - mental attitude
 - lessening of vitality (depression)
- 2) - defect in hearing, sight.
- 3) - reflexes have become bad habits
- 4) - position of joint surfaces - peculiarities. (ex) head of humerus out of line.
- 5) - lumber-sacro articulation - angle differs
- 6) - clothes worn - ill-fitting.

Scoliosis caused by nervous disease.

Upright posture

- sideways, patient
should have normal
curves.

} - CERVICAL.
} - DORSAL
} - LUMBAR
} - SACRAL.

Line of ant. falls through

center of skull
lode of ear
acromium process
great trochanter
head of fibula
in front of internal malleolus.

Round Shoulders

Explain exercise to patient.
mirrors good.

Good posture must be kept all the time
If patient very poor - give lying + sitt.
exercises first - posture is worked
up gradually.

Order of exercises

Breathing
Arm
Legs
Head
Mobility, Trunk
Back
Abdomen
Arm
Leg
Breathing



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